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The Boys are back in town

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SHANE GIBSON/METRO

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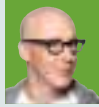
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Paddling the Red: I'm just doing it**WHAT'S GOOD**

Ace Burpee
winnipeg@metronews.ca

You know those pictures you see of people standing on a sort of big surfboard thing and paddling around in a lake? That is stand-up paddleboarding. It's not new, but it's quite the thing now. I have one, and I'm going to do something with it.

This August, I will stand-up paddleboard the Red River from the U.S. to The Forks. For charity.

I was going to do it last summer but forgot to tell people, and therefore it was much easier not to do it, which is very not cool. Now I'm staking claim to it.

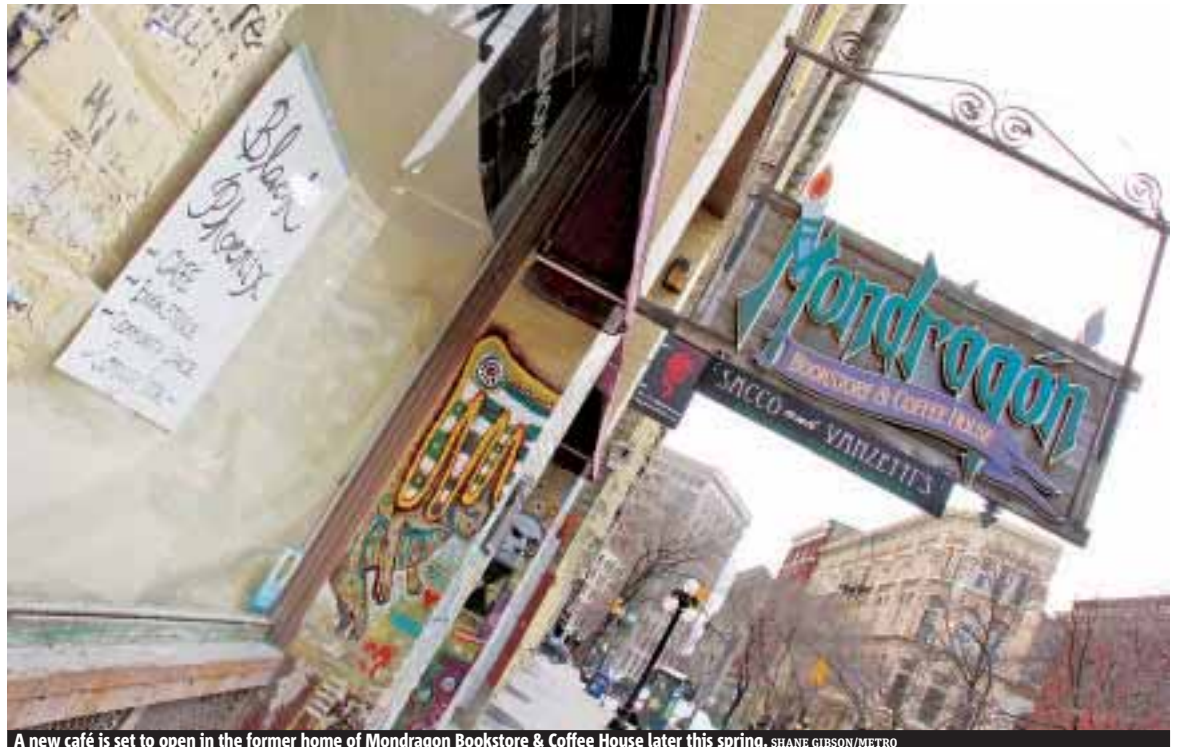
I'm doing it solo. Paddle all day. Sleep on the banks of the Red at night. Everything I need I have to carry with me on the paddleboard or tow behind me. It's going to be super fun and a total gong show at the same time.

I'll be revealing the charities and more details in the coming weeks, but there is something larger at play here as well.

It's something I tell people all the time: Just go ahead and commit to something and figure out the details later. Sign up for that race or event that's been in your head. Lock yourself into something on your bucket list. You'll regret it more if you don't.

You got this. Be well.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD.



A new café is set to open in the former home of Mondragon Bookstore & Coffee House later this spring. SHANE GIBSON/METRO

Black Phoenix rises from the ashes of Mondragon

New café, new vibe.

Owners seek more diverse crowd, will still cater to activist groups



SHANE GIBSON
shane.gibson@metronews.ca

There's new life coming to an old favourite in the Exchange District.

Just a few months after Mondragon Bookstore & Coffee House shut its doors in January, a group is ramping

up plans to open a new café and venue in its former home at 91 Albert St.

The café, called Black Phoenix, will remain a "hub for activists, artists and community activities," according to co-op member and spokesperson Susanne McCrea, but the group behind the project also wants to make the space more inviting to a new crowd.

"In a lot of ways I think it will be very different," she told Metro. "We'll still have some of the character of the workshops, the speakers, the book launches and the kinds of things that went on

Fundraising

To help pay for renovations, including wheelchair accessibility, a number of fundraising events are planned this spring, including one coming up at the Orbit Room on May 22.

there before for people with alternative interests, but we really want to bring in a more diverse crowd.

"We want to open it up."

The new venture, expected to open this spring,

will be licensed. Along with their well-loved coffee, they'll serve light fare such as baked goods and sandwiches during the day. The space will host music and events at night.

"We're going to be a lot more of a venue than the previous existence," she said.

While Black Phoenix will have vegan options on the menu, they're not going to be exclusively vegan, added McCrea.

On the retail side, Black Phoenix will still sell books but also be home to pop-up shops for local artisans to sell their wares.

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BURTON CUMMINGS THEATRE



The Winnipeg Humane Society says Winnipeg needs more dog parks, like this one — one of Calgary's 150 parks for canines and their companions. JEFF MACKINTOSH/THE CANADIAN PRESS

Off-leash parks in high demand: Humane Society

'The future.' The group's CEO will talk to city hall Monday about park guidelines proposed in a report



BERNICE PONTANILLA
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The head of Winnipeg's Humane Society doesn't believe the city's off-leash dog parks will be going to the dogs if a committee adopts proposed guidelines in a report.

The report calls for a framework for the distribution of parks in the city and guidelines on the evaluation of potential sites, development of new parks and re-

view of existing off-leash areas.

Bill McDonald, the society's CEO, told Metro he'll be attending Monday morning's protection and community services committee meeting at city hall to speak about the guidelines.

McDonald is concerned that if the guidelines aren't fully adopted, situations like the Brenda Leipsic dog park will continue to come up.

"They want to relocate it from its current location as a neighbour to the Humane Society further south beside the Hurst water station out under the Hydro lines, which again is not a permanent thing," he said.

McDonald said the consultant, landscape architect Dean Spearman, made some good suggestions in the re-

port, which states that, if adopted, it will serve as "a guide the public service will refer to when making decisions about existing and future off-leash dog parks."

"A lot of them were put in place on a temporary basis," said McDonald of the parks.

"Well, this is the future. "Dog parks are wanted by the citizens of Winnipeg, as well as elsewhere in Canada."

According to the report:

Winnipeg has 11 off-leash areas, compared to 150 in Calgary and 49 in Edmonton. However, the closer Prairie cities of Regina and Saskatoon have six and five respectively.

All eyes on Manitoba's unique mussel extermination method

They are small clam-like creatures that seem to spread in the blink of an eye and squeeze the life out of the rivers and lakes they inhabit.

This summer, those who grapple with zebra mussels will be watching Manitoba, where officials are trying to stop an invasion with a unique experiment.

Once the winter ice recedes on Lake Winnipeg, a silk curtain will be lowered to the lake floor to seal off four infested harbours.

Liquid potash will then be pumped into the water until it reaches a lethal concentration for the mussels and clogs their gills.

The technique has been tried in a closed quarry, but this is believed to be the first time liquid potash has been used in open water.

Scientists who study the mussels say Manitoba presents a "golden opportunity" to find a way to prevent their proliferation in waterways

around the world.

The potash plan will cost \$500,000, but many say it could save millions down the road if it works.

Those who depend on the lake for their livelihoods are concerned about the experiment and the impact it could have on the short fishing season.

Jocelyn Burzuik with the Gimli Harbour Authority said Lake Winnipeg is no ordinary lake.

It is so huge, it has its own wind tides, making it unpredictable and dangerous.

"It's going to be very tricky," Burzuik said.

"The cure cannot kill the community."

Hugh MacIsaac, director of the Canadian Aquatic Invasive Species Network, said scientists are very interested in finding effective ways to kill zebra mussels before they take hold.

THE CANADIAN PRESS

Zebra mussels

- Zebra mussels reproduce rapidly. One female can produce up to a million eggs a year. The waterborne, microscopic larvae can be carried unwittingly from lake to lake in buckets and in the live wells of boats.
- Once hatched, the mussels can attach to virtually any hard surface, including other native mussels and crayfish. They clog up pipes and hydro dams. They threaten fish by interfering with the food chain and have been linked to increases in toxic blue-green algae.
- They were found for the first time in the province last October.

Robbery charges

Arrest made after suspect returns to scene of crime: Cops

A woman faces charges after the suspect in a Friday gas bar robbery returned to the scene of the crime Saturday.

An armed woman made off with cash and merchandise from the gas bar in the 700 block of Watt Street around 4 p.m. Friday, police said. Stacey Waldner, 35, is charged with three counts of robbery, disguise with intent, uttering threats, and failure to comply with a probation order. **METRO**

Souris RCMP

Girls charged after fire destroys barn in Glenwood

Two girls have been charged in connection to a fire that burned a barn to the ground in the RM of Glenwood Friday night.

Souris RCMP and local emergency crews were called to the fire at the barn about six kilometres north of Souris around 7:30 p.m.

The barn and its contents, a combine, were totally destroyed by the fire, according to police.

Two female youths from Glenwood have been

charged with mischief. Police did not release the age of the girls charged. Both have been released to their guardians on a promise to appear in court in June.

METRO



Police have charged two girls with mischief after this barn burned to the ground. COURTESY RCMP



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News worth sharing.

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04

NEWS

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Red tape allowed diplomats to flee: Ottawa cops

Human trafficking case. Couple fled before immunity could be waived



JOE LOFARO
Metro in Ottawa

Ottawa police say bureaucracy was a contributing factor to a diplomat couple fleeing Canada once the pair found out they were going to be charged with forcing a Filipino woman into “modern-day slavery.”

Police made the investigation public Friday in a news release, saying a diplomat at the Embassy of the Philippines and her husband allegedly exploited their 26-year-old nanny

for financial and material benefit. The woman came to Canada legally, spoke very little English and worked for the diplomats from July 2009 to December 2013.

The investigation began in December 2013 after a third party made a complaint to police. After months of investigation police wanted to arrange an interview with the couple, but nothing could be done without their diplomatic immunity being waived.

“The embassy is the one that ultimately decides if the immunity is waived,” said Insp. Paul Johnston of Ottawa police in an interview Sunday. “We don’t have the means to arrest someone unless that waiver is provided to us. We knew it was a possibility they could leave

the country.”

On April 30, Ottawa police sent a request to the Department of Foreign Affairs, Trade, and Development (DFAIT) in order to lay the charges against the two foreign nationals.

However, DFAIT informed police on May 5 that the couple had surrendered their identification cards to the department and returned to the Philippines.

Bueneflor Cruz, 44, and Robert Cruz, 45, are now wanted on Canada-wide arrest warrants. They were jointly charged with trafficking a person by exercising control, receiving material or financial benefit in the commission of trafficking and withholding or destroying identification documents for the purpose of facilitating an offence.

Nanaimo shooting

Hundreds attend memorial services

Two men who died in a shooting at a Vancouver Island sawmill last month were remembered in separate memorials on Saturday as people who loved life.

Friends and family remembered 53-year-old Fred McEachern as a “genuine guy” who wanted to be a participant rather than an observer in life.

McEachern and 61-year-old Michael Lunn died when a lone gunman entered the Western Forest Products sawmill in Nanaimo and started firing. Two other employees were wounded.

Later in the day, hundreds at another ceremony gathered to remember Lunn. A sea of people wearing red shirts — an homage to Lunn, who wore his favourite colour, red, every day to work — left only standing room at the church.

THE CANADIAN PRESS

Tough-on-crime on the way out?

John Witherow tried robbing a jewelry store — and walked away with a treasure trove of insights into the American justice system.

His participation in a stickup attempt in Reno, Nev., earned him 26 years in prison in an era of drastic change in U.S. justice policy, from the rise of the tough-on-crime approach to its more recent fall from favour.

Witherow shared his story during a conference in Washington, where there is bipar-

tisan momentum behind a number of justice reforms designed to reduce prison costs and increase rehabilitation of inmates.

Because of prior convictions, mainly for robberies, Witherow received an especially long sentence for the attempted robbery. This was in 1984.

When he arrived in the prison system, he said, prisoners were able to get out early for good behaviour, and some were getting college degrees. Witherow himself managed to turn

his life around with paralegal training. But he says things changed pretty quickly.

“It was just the start of the maybe-we-should-get-tough-on-crime era,” said Witherow.

A recent study says states’ combined prison costs have increased 400 per cent since the 1970s. About 40 states have now relaxed at least some of their drug laws, and imprisonment levels have dropped in the U.S. for the first time in more than a generation.

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“People are finding out that tough on crime does not work,” says former inmate John Witherow.

JOHANNES SIMON/GETTY IMAGES

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Thailand. People warned to avoid protest sites over fears of clashes

Thailand's caretaker government warned people to stay away from protest sites for their own safety and said Sunday it would tighten security to prevent clashes between pro-government and anti-government protesters who held competing rallies in Bangkok over the weekend.

The two groups were several kilometres apart, but concerns of violence have risen following a court's ouster of Prime Minister Yingluck Shinawatra last week.

Two people were injured late Saturday when assailants fired two grenades at Government House, the prime minister's office compound, where anti-government protesters were camped, said police Col. Kamthorn Aui-charoen. Officials vacated the compound months ago due to the protests launched against

Yingluck in November.

It was the latest in a series of grenade attacks and drive-by shootings that have left hundreds of people injured since Thailand's political crisis escalated in November. Both sides accuse the other of orchestrating the violence.

Anti-government protesters, emboldened by the constitutional court's ruling Wednesday to dismiss Yingluck for nepotism, ramped up their efforts on Friday to bring down what remains of Yingluck's administration by laying siege to television stations, surrounding state offices and demanding lawmakers help them install a non-elected prime minister.

Yingluck's cabinet has named deputy premier Niwattumrong Boonsongpaisan as acting prime minister.

THE ASSOCIATED PRESS



An anti-government supporter rests in his tent at a campsite in downtown Bangkok, Thailand, Sunday. VINCENT THIAN/THE ASSOCIATED PRESS

Syria ignores civil crisis to launch election campaign

Opposition denounces June 3 vote as a sham. Assad widely expected to win another term

On billboards and in posters taped to car windows, new portraits of President Bashar Assad filled the streets of Damascus on Sunday as Syria officially opened its presidential campaign despite a crippling civil war that has devastated the country and left large chunks of territory outside of government control.

The Syrian opposition and its Western allies have denounced the June 3 election as a sham designed to lend Assad, who is widely expected to win another seven-year term, a veneer of electoral legitimacy. The government, meanwhile, has touted the vote as the political solution to the conflict.

The election comes more than three years into a revolt against Assad's rule that has killed more than 150,000 people and forced more than 2.5 million to seek refuge abroad. The war has destroyed entire cities and towns, left the economy in tatters, and set alight sectarian hatreds in a society once known for its tolerance.

With the country so bitterly divided, it remains unclear how the government intends to hold a credible vote in the



Pro-Syrian government protesters chant slogans to show their solidarity as they hold up portraits of Syrian President Bashar Assad with his father, Hafez Assad, the late Syrian president, during a demonstration in the southern port city of Sidon, Lebanon, Sunday. Posters in Arabic read, "With you forever." MOHAMMED ZAATARI/THE ASSOCIATED PRESS

middle of the conflict. But officials have brushed aside such doubts, and have forged ahead undeterred.

Assad faces two other candidates in the race: Maher Hajjar and Hassan al-Nouri, both members of the so-called internal opposition tolerated by the government. But the men are relatively unknown, and neither has the full weight of the state behind him like Assad does.

The presence of other candidates on the ballot represents a shift in Syria. Until now, Assad and his father have been elected by referendums in which they were the only candidates and voters cast yes-or-no ballots.

Analysts say that the vote was likely set for mid-summer to give the military and its allied militias time to seize more ground, particularly key urban centres, before citizens head to the polls.

With a mix of brute force and negotiations, the government secured a major victory

last week, striking a deal with the last rebel holdouts in the central city of Homs. Under the agreement, some 2,000 opposition fighters and civilians received safe passage to rebel areas to the north, handing the government control of Homs — the country's third-largest city.

Meanwhile, anti-Assad activists began their own campaign Sunday on social media networks, called "Blood Elections."

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Insurgents say Ukraine region votes overwhelmingly for sovereignty

Two referendums.

Results could hasten country's breakup

Ninety per cent of voters in a key industrial region in eastern Ukraine came out in favour of sovereignty Sunday, pro-Russian insurgents said in announcing preliminary results of a twin referendum that is certain to deepen the turmoil in the country.

Roman Lyagin, election chief of the self-styled Donetsk People's Republic, said around 75 per cent of the Donetsk region's three million or so eligible voters cast ballots, and the vast majority backed self-rule.

With no international election monitors in place, it was all but impossible to verify the insurgents' claims.

The preliminary vote

count was announced just two hours after the polls closed in an election conducted via paper ballots.

A second referendum organized by pro-Russian separatists was held Sunday in eastern Ukraine's industrial Luhansk region, but no immediate results were released.

Ukraine's central government and the West had condemned the balloting as a sham and a violation of international law, and they have accused Moscow of orchestrating the unrest in a possible attempt to grab another piece of the country weeks after the annexation of Crimea.

The results of the two referendums could hasten the breakup of the country and worsen what is already the gravest crisis between the West and Russia since the end of the Cold War.

THE ASSOCIATED PRESS



Ukrainians living in Russia queue to get their referendum ballot papers and vote in Moscow on Sunday. Residents of two restive regions in eastern Ukraine cast ballots Sunday in referendums that seek approval for declaring sovereign people's republics in the Donetsk and Luhansk regions. THE ASSOCIATED PRESS

Bloodshed

Shooting in east Ukraine

Armed men identified as Ukrainian national guard opened fire Sunday on a crowd outside a town hall in eastern Ukraine, and an official for the region's insurgents said there were an unspecified number of deaths. The bloodshed in the town of Krasnoarmeisk occurred hours after dozens of armed men shut down voting in a referendum on sovereignty for the region. One of them identified the group as being national guardsmen. An Associated Press photographer who witnessed the shooting said two people were seen lying unmoving on the ground.

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New puppy fashion trend: Human overcoats

Cassandra Cantu shields her seven-week-old puppy Kamala from the snow as she walks with friends in the Bear Creek Dog Park in Colorado Springs, Colo., on Sunday. The snowy weather was expected to continue in the area overnight Sunday. MARK REIS/THE GAZETTE/THE ASSOCIATED PRESS

Quebec wants to be exempt from temp-worker ban

Province 'a bit worried'
But federal employment minister's spokesman says there are no plans to lift the moratorium

The Quebec government is calling on Ottawa to lift the ban on restaurants hiring temporary foreign workers — at least in its own province.

Quebec's immigration minister Kathleen Weil was to meet with her federal counterpart Chris Alexander on Monday, according to spokesman Dave McMahon, who said Weil will ask that Quebec be granted an exemption to the moratorium.

torium.

"We are a bit worried about the impact of the moratorium on our restaurants and on our small- and medium-sized businesses," he said Sunday.

"We are ready to work with the federal government to tighten the rules of the program if need be."

Weil is also planning to make the same case to Employment Minister Jason Kenney, who oversees the temporary foreign workers program, McMahon said.

A spokeswoman for Kenney said there are no immediate plans to lift the ban, in Quebec or anywhere else.

"Abuse of the temporary foreign worker program will not be tolerated," Alexandra

Background

Ottawa announced the moratorium last month, after a string of reports alleging the program was being misused by the restaurant industry.

- The moratorium has been widely criticized by industry groups. Quebec's restaurant association called it "exaggerated and unreasonable."

Fortier said in an email.

"Allegations of misuse will continue to be investigated and any employer found to have violated the rules will face serious consequences." **THE CANADIAN PRESS**

Politics

Tories downplay expectations for June byelections

The federal Conservatives are keeping expectations modest for their prospects in four byelections — two in Alberta, two in Ontario — set for the end of June.

"We all know majority governments don't typically fare well in byelections; the opposition parties do," said Cory Hann, communications director of the Conservative Party.

"And these rounds we don't expect to be any different."

The Conservatives anticipate hanging on to the two Alberta ridings, but do not expect to win more than 10 per cent of the vote in each of two Toronto-area contests, said one senior Tory insider, who spoke on condition they not be named.

"The two Ontario ridings, I think the writing's on the wall on those," said the source, who picked Justin Trudeau's Liberals to win both fights.

"If there's a race, the two horses in that race are going to be the NDP and Liberals."

THE CANADIAN PRESS

Tighter control. Justice Department cuts \$1.2M from its research budget

The federal Justice Department has chopped \$1.2 million from its research budget, and is tightening control to ensure future legal research is better aligned with the government's law-and-order agenda.

Previous legal research in the department sometimes caught senior officials "off-guard ... and may even have run contrary to government direction," says an internal report for deputy minister William Pentney.

The reduction means the loss of eight experienced legal researchers, most of them social scientists.

The result is a diminished research capacity, which now must be better controlled from the top to ensure it supports the government policies, says the report.

"The review confirmed that there have been examples of work that was not aligned with government or departmental priorities," says the October 2013 document, obtained by The Canadian Press under the Access to Information Act.

Some past projects have "at times left the impression that research is undermining gov-

'Significant loss'

The budget cut on April 1 this year — described as a "significant loss of resources" — represents about 20 per cent of research spending, and arises from deficit-cutting measures first set out in the 2012 budget.

ernment decisions."

The report did not cite specific studies, but a department report last year on public confidence in the justice system appeared to be at odds with the Conservative government's agenda.

Researcher Charlotte Fraser found many Canadians lacked confidence in the courts and prison system, but suggested it was the result of misunderstanding rather than any failures in the system, and that education could rectify the problem.

Critics said the finding was contrary to the government's approach, which is to pass tougher laws and impose harsher penalties rather than to cultivate a better-informed public. **THE CANADIAN PRESS**

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Catholics nuns attend a mass given in honour of the kidnapped Chibok schoolgirls, in Abuja, Nigeria, Sunday. Failure to rescue the girls, captive for nearly four weeks, has attracted mounting international outrage. SUNDAY ALAMBA/THE ASSOCIATED PRESS

'Too terrifying for words': Teen who fled captors

Nigerian school girls. Pope tweets call for prayer with #BringBackOurGirls

One of the teenagers who escaped from Islamic extremists who abducted more than 300 schoolgirls says the kidnapping was "too terrifying for words," and she is now scared to go back to school.

Sarah Lawan, a 19-year-old science student, spoke Sunday as Nigerians prayed for the safety of the 276 students still held captive. Their prayers were joined by Pope Francis.

"Let us all join in prayer

Quoted
"I am really scared to go back there, but I have no option if I am asked to go because I need to finish my final year exams."

Sarah Lawan, who escaped from Boko Haram extremists, on returning to school

for the immediate release of the schoolgirls kidnapped in Nigeria," the Roman Catholic leader tweeted, using the trending #BringBackOurGirls.

Lawan said that more of the girls could have escaped, but that they were frightened by their captors' threats to shoot them. She spoke in the local Hausa language in a phone interview from Chibok, her home and the site of the mass abduction in northeast Nigeria.

The failure to rescue those who remain captive four weeks later has attracted mounting outrage. Last week, Nigeria was forced to accept international help in the search, after ignoring offers for weeks.

More experts are expected in Nigeria to help rescue the girls, including U.S. hostage negotiators and others from Britain, France, China and Spain.

"I am pained that my other colleagues could not summon the courage to run away with me," Lawan said. "Now I cry each time I come across their parents and see how they weep when they see me."

Police say 53 students have escaped. THE ASSOCIATED PRESS

International outrage

Gov't refused help for weeks

The president of Nigeria for weeks refused international help to search for more than 300 girls abducted from a school by Islamic extremists, one in a series of missteps that have led to growing international outrage against the government.

The U.K. first said it was ready to help the day after the mass abduction on April 15, according to the British Foreign Office. And the U.S. has said it offered help and was in touch with Nigeria "from Day 1" of the crisis, according to Secretary of State John Kerry. Yet it was only on Tuesday and Wednesday, almost a month later, that President Goodluck Jonathan accepted help from the U.S., Britain, France and China.

THE ASSOCIATED PRESS



Brett Crawford, left, and Mike Thom cut up the carcass of a blue whale in Woody Point, N.L., on Sunday.
PAUL DALY/THE CANADIAN PRESS

Blue whale racks up large price tag

Trout River. The man leading the Royal Ontario Museum's effort to dismantle the large mammal says the job is getting expensive

Newfoundlanders who want to keep at least one of two giant blue whales that washed ashore on the west coast of the island may get their wish.

The man leading the Royal Ontario Museum's effort to dismember and transport those remains to Toronto says he must review plans to handle both carcasses.

"My commitment when I came in was to do at least one whale and my hope is to do both of them," Mark Engstrom, deputy director of collections and research for the museum, said during a break from the smelly job.

"We're doing the Trout River whale and then I have to reassess my budget and see where I am in terms of whether or not I can actually do the Rocky Harbour whale," he said.

Those extra costs include towing the first carcass from Trout River to adjacent Woody Point where it could more easily be worked on, Engstrom said. The second body is still resting in shallow water near the Rocky Harbour fish plant in



The Royal Ontario Museum's experts have made progress carving and dismantling the dead blue whale. KATE ALLEN/TORSTAR NEWS SERVICE



The skeleton can eventually become part of an exhibit at the museum. KATE ALLEN/TORSTAR NEWS SERVICE

Gros Morne National Park.

They are among nine rare and endangered whales that became trapped in pack ice earlier this spring.

Rocky Harbour Mayor Walter Nicolle had expressed relief when the museum offered to add the whales to its collection and make scientific data available to global researchers.

Engstrom declined to discuss the budget. But he said in an earlier interview that the museum's expenses would reach tens of thousands of dollars and he hoped they wouldn't exceed \$100,000.

Local businesswoman Jenny Parsons is part of the new Trout River Blue Whale Committee hoping to establish its own exhibit. The idea that both whales would go to Ontario was seen by many as a lost opportunity.

But as the federal government passed responsibility to the province and provincial officials stayed quiet, the museum stepped in.

The big question is who would pay to take responsibility for the second whale. Parsons' group wants to start raising funds and resources.

THE CANADIAN PRESS

B.C.

Highway of Tears progress delayed

Mayors and other leaders say the province has yet to contact them about what needs to happen to protect women along a stretch of highway in northern British Columbia known as the Highway of Tears.

What emerges is a picture of slow progress that appears to contradict the province's claims that it has been holding meetings about the issue with local governments.

THE CANADIAN PRESS

Kootenay region

Woman killed in canoe accident

A 19-year-old woman is dead and three male youths are missing after a canoe overturned in a lake in B.C.'s West Kootenay region.

RCMP Sgt. Darryl Little says emergency crews were called to Slocan Lake Saturday, where they found the woman and rushed her to hospital. THE CANADIAN PRESS

Military about-face? U.S. defence secretary calls for review of ban on transgender service

The prohibition on transgender individuals serving in the U.S. military "continually should be reviewed," Defence Secretary Chuck Hagel said on Sunday.

Hagel did not indicate whether he believes the policy should be overturned. However, he said "every qualified American who wants to serve our country should have an opportunity if they fit the qualifications and can do it."

A transgender individual is someone who has acquired the physical characteristics of the opposite sex or presents themselves in a way that does not correspond with their sex at birth. A panel convened by a think-tank at San Francisco State University recently estimated that about 15,450 transgender personnel serve in the military and in the National Guard and Reserve.

In 2010, Congress passed legislation allowing gays and lesbians to serve openly. Hagel said the issue of transgender

Elsewhere in the world

Allison Robinson, SPART*A's policy director and a former Army captain, said that many U.S. allies, including the UK, Australia and Israel, allow transgender people to serve "with pride and honour in their armed forces."

people serving in the military is more complicated. He said "these issues require medical attention" that at times cannot be provided in austere locations.

SPART*A, an advocacy group made up of lesbian, gay, bisexual or transgender people who now serve or once served in the military, said a review was long overdue.

A military review of transgender issues could occur as it also deals with questions about how to treat transgender prisoners. THE CANADIAN PRESS

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Vietnam vets honoured four decades later

The name of U.S. army Spc. Alan Leslie Seamans, of Grafton County, N.H., appears on the wall of the Vietnam Veterans Memorial in Washington. A ceremony Sunday marked the addition of 14 new names to the memorial, including Seamans, bringing the total to 58,300. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Monument set to reopen after nearly 3 years

Restoration. Memorial honouring George Washington closed since 2011 earthquake caused severe damage

More than 150 cracks have been repaired, rainwater leaks have been sealed, and the 130-year-old Washington Monument is set to reopen Monday for the first time in nearly three years since an earthquake caused extensive damage.

The memorial honouring George Washington was closed about 33 months for engineers to conduct an extensive analysis and to restore the 555-feet-high stone obelisk, once the world's tallest structure.



The Washington Monument prior to the reopening.

MOLLY RILEY/THE ASSOCIATED PRESS

The monument's white marble and mortar were cracked and shaken loose dur-

ing an unusual 5.8-magnitude earthquake in August 2011 that sent some of the worst vibrations to the top. Debris fell inside and outside the monument, and visitors scrambled to evacuate. Later, engineers evaluated the damage by rappelling from the top, dangling from ropes.

Now new exhibits have been installed, and visitors can once again ride an elevator to look out from the highest point in the nation's capital.

The full restoration cost \$15 million US. Businessman and philanthropist David Rubenstein contributed \$7.5 million US to pay half the cost and expedite the repairs.

The monument normally draws about 700,000 visitors annually. THE ASSOCIATED PRESS



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The Chinese have bought into Alibaba — should you, too?



HOW TO ROLL
Alison Griffiths
metronews.ca

Is it time to start saving your pennies for a run at Chinese Internet monolith Alibaba when it comes to a stock exchange near you? Perhaps.

First of all, it's going to be a humdinger of an Initial Public Offering (IPO). When Alibaba Group Holding Ltd. shares are listed sometime this year on either the New York Stock Exchange or NASDAQ, the company could have a market value anywhere from \$175 to \$250 billion US. That will make it one of the largest companies on the planet; perhaps it will even crack the Top 10.

Quick guess. What is the largest company in the world? Apple Inc., Wal-Mart Stores Inc., Exxon Mobil Corp.? Nope. According to Forbes Magazine, top spot

goes to Industrial & Commercial Bank of China Ltd. (ICBC), a Chinese bank, with assets of \$3.1 trillion.

But if you rank companies by market capitalization, i.e. the value of shares outstanding, Apple wins at \$483 billion, followed by Exxon Mobil, Google Inc. and Microsoft Corp.

Back to Alibaba. As is the case with most IPOs, there will probably be an investor honeymoon throughout what is called the lock-up period. It usually lasts from 90 to 180 days after the IPO launch during which insiders, such as owners or founders, cannot sell their shares.

When a lock-up period expires, listed companies often sag. Remember Facebook, Inc.? It had a number of lock-up periods, which isn't typical for IPOs. When the first one expired, the shares plummeted to just under \$20, a loss of about 50

per cent.

However, Alibaba is a very different company than Facebook. Unlike the social media networking giant, it is vastly diversified as the largest e-commerce company in China. Part virtual shopping mall and part Internet payment service with a dash of B2B and B2C (business-to-business and business-to-consumer) marketplace, Alibaba has its fingers in everything to do with online consumption in the world's most populous country.

And, as Business Week staffer Drake Bennett recently put it, "China, it seems, has only begun to shop."

Nonetheless, technology IPOs are notoriously risky. If you do manage to get your hands on some shares early on, watch the stock price carefully and consider selling half before the lock-up period expires.



Through the (unintentional) looking glass

It seems the new Shangri-La hotel on the upper floors of the Shard — a famous skyscraper in London (pictured here) — offers rooms with a view, but it isn't always what guests expect. A design quirk means glass panels protruding from the building can act as mirrors once internal lights are switched on at night, so in some rooms it's possible to get a glimpse of neighbouring guests. Darren Gearing, the executive vice-president and hotel general manager, said in a statement Saturday that blinds are available for privacy. Guests will be advised when they check in. The Renzo Piano-designed 72-storey building is unique in that it features entire walls that are windows. The hotel in the 1,017-foot tower opened recently. **TEXT: THE ASSOCIATED PRESS; PHOTO: PETER MACDIARMID/GETTY IMAGES**

Nortel trial set to begin

A complex trial to determine how billions of dollars in Nortel Networks Corp.'s remaining assets are to be divided begins Monday in a pricey cross-border hearing that's considered the first of its kind.

Lawyers for former employees, pensioners and creditors will descend on two courtrooms — one in Toronto and the other in Delaware City — to argue over who gets a share of \$7.3 billion US from the sale of the former technology giant's patents and other

assets from its international operations.

What's unique is the sheer magnitude of the proceeding, which is considered one of the biggest bankruptcy trials in Canadian history, and the escalating costs associated with it.

The cost of the Nortel case has climbed to \$1.185 billion since early 2009, according to an estimate from Diane Urquhart, an independent adviser assisting former Nortel employees.

Expenses range from legal fees to cutting-edge technology that links the two courtrooms — each expected to be filled with lawyers.

At its height in 1999 to 2000, Nortel was worth nearly \$300 billion, employed more than 90,000 people globally and was regarded as one Canada's most valuable companies. In 2009, the company filed for bankruptcy in North America and Europe, shedding thousands of jobs.

THE CANADIAN PRESS

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London's billionaires

U.K.'s capital city now the capital city for billionaires

A new study of the super-rich finds that London, U.K., has become the capital of the world's wealthiest, with more billionaires than any other city.

The Sunday Times says London has 72 residents whose fortunes exceed \$1.6 billion US. **THE ASSOCIATED PRESS**

Sorry, not sorry?

Nintendo sorry, but still won't add gay avatars

Nintendo is apologizing and pledging to be more inclusive after being criticized for not recognizing same-sex relationships in English editions of a life-simulator video game. But the publisher said it was too late to change the game. **THE ASSOCIATED PRESS**

Del Bosco's out

Baird calls for new VIA Rail CEO, gets his wish

VIA Rail has named a new chief executive officer a little more than a week after Foreign Affairs Minister John Baird called for new leadership at the Crown corporation.

Yves Desjardins-Siciliano is taking over from Steve Del Bosco. **THE CANADIAN PRESS**

DOG OWNERS SHOW THEIR TEETH

Between the weather, the infrastructure and the general dysfunction at city hall, many Winnipeggers might feel like this city has gone to the dogs.

But dog owners would disagree. And bolstered by a new report going to city council this week about the condition of off-leash parks, they're ready to get their paws dirty in this year's civic election.

The report says many of the city's dog parks are over-used, under-maintained and poorly managed. Additionally, the number of parks in Winnipeg pales in comparison to other major western cities. Edmonton has 49 off-leash areas. Calgary has more than 150, most of them incorporated within multi-use parks throughout the city. Winnipeg has just 11.

Many of them are located so far from civilization, they're more like dog penal colonies than parks. And several more are living on borrowed time, using land that's designated for future development or roadway construction. For example, the popular Charles-



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

wood dog park could get bulldozed when the William Clement Parkway is extended in the next couple of years.

Given the subpar facilities, it's no wonder that numerous unofficial dog parks have sprung up throughout the city, mostly on schoolyards or public playing fields, setting the stage for gang warfare between dog owners and soccer moms.

Looking to improve the off-leash system for the benefit of everyone, several local dog owners have banded together to form the Winnipeg Network of Dog Owner Groups (WINDOG). The group plans to interview candidates in this year's election and raise attention to dog-related issues.

In addition to creating more dog parks, WINDOG member Donna Henry says they want to foster "better co-operation between parks administrators and the off-leash-area stewardship groups that provide volunteer labour to help maintain the parks

and fund improvements to the city's off-leash areas."

Some people will growl that the city shouldn't be spending money on providing perks for pets because: "Roads! Roads! Roads!" But it's really no different than investing in swimming pools or skating rinks. It's recreation, not just for the dogs, but for the dog owners. And the cost of installing fencing and some modest landscaping is minimal compared to a lot of the city's recreational facilities.

Building dog parks brings a few other benefits. Getting people out walking in their neighbourhoods and meeting each other at the park helps to build a sense of community. And if we want to increase density, then providing amenities that allow people to live the active lives they want is important.

There are some signs the situation is improving. A new development in Transcona is going to have a dog park designated before the first houses are even built. And new parks are under consideration in St. Charles and St. Boniface.

While it's a good start, WINDOG ultimately wants to see improved services citywide. And if councillors aren't obedient, they just might find this issue will bite them in October.

ZOOM

Smooching Moose for the win



Halifax Mooseheads forward Stefan Fournier, second from right, plants a smooch on Jonathan Drouin after a first-period goal in Game 5 of the QMJHL final on May 14, 2013. JEFF HARPER/METRO FILE

Metro photographer gets the prize

A picture-perfect moment of two Halifax Mooseheads players celebrating a goal during last year's QMJHL final — by locking lips, no less — has landed a Metro Halifax photographer an Atlantic Journalism Award.

Jeff Harper was one of three finalists in the category of newspaper photojournalism feature at Saturday night's awards ceremony in Halifax.

METRO

Brotherly love captured in a kiss

Harper won for his once-in-a-lifetime shot of jubilant Mooseheads Jonathan Drouin and Stefan Fournier celebrating a goal with a quick brotherly smooch during Game 5 of the QMJHL final against the Baie-Comeau Drakkar at the Metro Centre.

Halifax won that game, and the series in five games, to take home its first-ever President's Cup title. The photo was shared by thousands and received media coverage from outlets across Canada. METRO

Swept up



"It was in the moment and I'm going to kiss my brother.... By the way, for all the ladies out there, Jo's a great kisser."

Stefan Fournier, commenting last May on teammate Jonathan Drouin's technique

METRO AUGMENTED REALITY

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MetroTube

Not all whale stories end in explosions and bits and pieces



ANDREW FIFIELD
metronews.ca

You only need cast your eyes to the blue whales that washed up on the shores of Newfoundland to learn that it's been a tough few weeks for threatened whale populations.

But at least there's a glimmer of good cetacean news from the southern hemisphere, courtesy of New Zealand skipper Joe Brogan, who leaped into the ocean to free a baby humpback that had become entangled in trap lines. Don't dwell too much on the fact a whale was entangled in netting to begin with. (Via Joe Brogan/YouTube)



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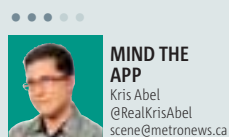
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This exploration of post-war Vancouver offers 44 historically researched eavesdropping tales of immigrants, newlyweds, war vets, and politicians discussing anxieties and corruptions similar to today. Although glitchy at times, the vintage music and the way you can snoop through people's belongings help make the time travel feel atmospheric.

Television

Lost creators fess up to a few flops

Lost creators Damon Lindelof and Carlton Cuse have admitted what fans and haters have said all along: much of the mostly gripping TV show really wasn't any good.

The mysterious drama had several strong seasons but petered out and lost many fans as it stumbled to its love-it-or-hate-it finale.

"We did 121 hours of Lost. Arguably only 15 to 20 of them were subpar, bordering on turds," Lindelof tells Esquire magazine.

THE ASSOCIATED PRESS

Locke took director on an unconventional ride

Making the ordinary mesmerizing. Directing Locke was just the kind of challenge Steven Knight was looking for



NED EHRBAR

Metro World News in Hollywood

Prolific British writer and director Steven Knight wanted to do something unconventional when he came up with the idea of Locke, a film about an ordinary man (Tom Hardy) driving across England while dealing with personal and professional crises via speakerphone. What's unique is that the entire story is told from within the car, seemingly in real time. It was an idea so unique, Knight found, that some car companies didn't want any part of it.

Where did the idea to do such a contained setting for a film come from?

I'd just finished making a conventional film, and a couple of things had happened. One was that I'd noticed how beautiful and hypnotic urban environments at night shot from inside moving vehicles are. You get this moving light show, which I found quite beautiful. At the same time I was trying to take filmmaking back to the very basics of what the job is, which is to get a load of people into a room, turn off the lights, and have them engage with a screen. How many other ways are there of



Actor Tom Hardy and director Steven Knight attend the Locke premiere during the 70th Venice International Film Festival at the Sala Darsena in Venice, Italy, in September, 2013. GARETH CATTARMOLE/GETTY IMAGES

doing that? To make life more difficult for myself, I wanted to make the main character the most ordinary person in the world — he's married, he's got two kids, he works in construction with concrete. There is nothing about him that would make the papers. This is a very ordinary tragedy, and I just wondered if audiences would go with it.

And how did you go about getting Tom Hardy involved?

He was quite keen to play a straight role because he's always larger-than-life monsters or villains or whatever. This

is probably his first straight role as an actor. It was Tom who brought the Welsh accent into it because he's got a friend who's Welsh, and he said, "He's a very ordinary, straight person so I'll do that voice." The character was always going to be concrete, he was always going to be ordinary, and then Tom invested that with the thing that he brings to every role.

So how did you like the BMW?

It was fine, but originally we were going for a Land Rover, and they didn't want to do

it. Because it's such a weird concept and weird idea, I think people just thought we were mad. And so we went to BMW. A lot of people have asked, "So did you get some sort of great deal from BMW?" But we didn't. They just said, "You can have two vehicles for 10 days, and then give them back to us at the end." That was it. Retrospectively, I wish I had made more of it.

The car comes off very well in the film.

I know! It never breaks down or anything (laughs).

2
SCENE

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BURTON CUMMINGS THEATRE

For Mogwai, the song remains the same

Eight albums and counting. Veteran post-rockers remain as down-to-earth as ever

LINDA LABAN
Metro World News

Scottish post-rock band Mogwai aren't much for words, but the instrumental post-rockers' latest record Rave Tapes, which they are currently touring in support of, includes a spoken-word passage about Led Zeppelin's lyrics being satanic cyphers. Lest there be lawsuits, it's a re-recorded but real warning from a Christian broadcast, whose announcer clearly overlooked the fact that Robert Plant was busy singing about Hobbits and hedgerows.

"Yeah, he's actually singing about Hobbits," laughs Mogwai's multi-instrumentalist John Cummings. "There's plenty in Led Zeppelin's music that's ridiculous; you don't have to make up stuff."



Mogwai are currently on tour with Majeure. STEVE GULLICK

But why sample something about Led Zep's penchant for the dark side at all? Well, once upon a time, Mogwai were also known as bad boys of rock (or post-rock at least) mostly for the decibel-pushing

volume of the band's instrumental epics, which had critics fearing for their eardrums.

"We were young once," says the quietly spoken Cummings with a touch of irony. "We just enjoyed what

seemed like all the free beer. I don't think we're like that anymore. On the whole, we were just loveable scamps."

Over eight albums, rather than petulance, volume has proven a pertinent texture in

Quoted

"It seems strange that not more bands manage it. Hopefully, over time, you get to know how to not annoy other people as much as they get to know how not to annoy you. It's not that difficult to put up with each other, really."

John Cummings, Mogwai
on the band's longevity

the band's far from (always) heavy music. What with scoring the European TV series Les Revenants (think: Resurrection), the Zidane biopic, and now the cinematic, elegant Rave Tapes, Mogwai have become a dignified post-rock elder statesman.

"We're as much the last men standing as anything else. We just managed to keep going," Cummings says level-headedly. "It seems strange that not more bands manage it. Hopefully, over time, you

get to know how to not annoy other people as much as they get to know how not to annoy you. It's not that difficult to put up with each other, really."

That attitude goes when making music, too. Not having a vocalist or a lead guitarist or a dominating musical element has left Mogwai leaderless and truly democratic creatively. Such flexibility has allowed the band not only to continue, but also evolve.

"In the beginning there was malleability in various areas because we were clueless," Cummings says. "When you don't know anything about it, you're more than happy to follow someone else's lead."

He says "clueless," but it seems more like "wise enough to listen."

Cummings isn't so sure about that theory and has a more common-sense explanation: "That's sounds a bit grandiose," he says. "If you don't know what you're doing and someone else does, then, yeah, follow them."

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The Word



Michael and Sarah have a ball at the Met Gala



STARGAZING
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Michael Sheen and Sarah Silverman are photographed walking the Met Gala red carpet together. Now they just have to do the required Couples' Trip to the Grocery Store and the relationship will be official.

The words and wisdom of Shailene Woodley: 1) Shailene tells David Letterman she eats clay because "clay binds to other materials in your body and helps your body excrete those materials — that are not necessarily

the best for you." 2) Shailene tells TIME that she isn't a feminist because she "loves men" and she doesn't want to "raise women to power, take the men away from the power." 3) She says that making popcorn "is just a weird ritual and it's the best thing on the planet."

Cressida Bonas is on "compassionate leave" from work after her break-up from Prince Harry. Back in my day we just took two Valium and sucked it up.

This week in feuds: 1) Mike Epps calls comedian Kevin Hart "overrated." 2) George Clooney attacks Steve Wynn in an open letter. 3) Seth Rogen has had enough of Justin Bieber and calls him a "piece of bleep." 4) Back in my day we just ... no, we pretty much just talked about our enemies to the press, too.

Dr. Diddy is a unicorn — and you are too

Sean "Diddy" Combs was awarded an honorary doctorate on Saturday from Howard University in Washington, D.C., where he studied business for two years before dropping out in 1990 to pursue music.

Some of the speech was filled with odd Diddy-isms. "I am a unicorn," he told the Class of 2014. "You are a unicorn. We are unicorns."

However, he did impart this piece of excellent wisdom: "Nobody is going to invite you to the front of the



Diddy

line; you've got to push your way to the front of the line."



Ellen Page ALL PHOTOS GETTY IMAGES

Singer allegations are 'super disturbing,' Page says

While Bryan Singer has kept quiet in the wake of his numerous sexual abuse allegations and mounting civil suits, at least one of his X-Men: Days of Future Past stars is addressing the issue.

Ellen Page finds the allegations "super, super disturbing" in an interview with the Hollywood Reporter. "I guess the truth will come out in the way that it does, but it's hard to hear about someone being in that situation, someone you like working with," she says, adding that whether or not the allegations against Singer are true, "I do think that there's a systematic issue of people in places of power manipulating and abusing young people."



Courtney Love

Brand was a wee bit too stinky for Love

Courtney Love says that she might have warmed to Russell Brand's advances if it weren't for his odour. "My favourite Russell Brand line was when we first were friends and he tried to hit on me and nothing ever happened," Love tells British talk-show host Alan Carr. "He goes, 'I've had a lot of grand conversations, darling, but none of them ever ended in an orgasm. Can we go to your room?' He's got some good lines."

Apparently not good enough to overcome the smell, however. "I said to Russell, 'You're too musky for me, man,'" she says. "He is a little musky. We did yoga together and the musk was there."

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3
LIFE

Don't get laid up by disability plan

Sicker shock. Read fine print and tailor coverage to avoid being caught out



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Imagine the horror of being diagnosed with a progressively debilitating disease. Imagine the relief of knowing that while you have to stop working, you have a group disability plan that will help to make ends meet. Imagine your disbelief when your claim is declined by the insurance company because you just aren't disabled enough in their eyes. It happened to a girlfriend of mine and it could happen to you.

If you want to avoid a nasty surprise when you can least afford it financially and emotionally, take these questions to your benefits administrator at work and make sure you understand the answers you're given.

What's the policy's definition of "disabled" and how long will benefits be paid?

If you can't do the job you were hired to do, will you be paid regardless of what other work you may be able to find? Will partial benefits be paid if you can only work for a few hours a day? A weak definition of disabled can be one of the biggest holes in a plan.

Carol had a disability plan that covered her for her "own occupation" for two years, after which it reverted to "any occupation," which is pretty typical of a group plan. The only way Carol could continue to collect after two years is if she were unable

to do any work at all. If the insurance company deemed she could be a parking lot attendant, they wouldn't pay.

How much am I covered for, and how will it be taxed?

Most group policies cover employees for a certain percentage of their salaries — often 60 to 75 per cent. Some also have a cumulative maximum. But many people have no idea how much they're covered for or even if their disability income will be taxed. Many group policies paid for by an employer generate income that is not taxed. If you pay the premiums directly from your after-tax income, or if your premium is a taxable benefit, then the money you receive on a claim is tax-free.

If you find that the income you receive from your disability coverage is taxed, the next question is this: Will the money be enough once tax is taken?

Does my policy have a residual disability feature?

In the case of a slow recovery or deterioration because of a progressive disease, this feature becomes very important. Without it, years may pass before your claim can begin because you must meet the insurance company's definition of "totally disabled." Since most group plans have limited benefits for residual disabilities, the seams of your safety net may not be as strong as you think they are.

What are the exclusions on my policy?

An exclusion is something you aren't covered for. Typical exclusions include travel outside Canada, pre-existing conditions, mental, nervous disclosure, and alcoholism. The list can be wide and varied. If your malady falls within the list, you've got a hole in your safety net

People often don't carry

individual disability insurance because they believe their group coverage is fine. Smart people who want to make sure that they are well-protected don't rely on the off-the-shelf version. They look to an individual policy to supplement it. Carol bought low-cost private coverage that would kick in after the first two years of her group coverage expired. This group offset insurance is cheap because the wait period (the time before benefits are paid) is so long.

The other important issue in favour of an individual policy is that you may not always have your group plan. A change in jobs, the decision to stay home to raise a family, or self-employment could all leave you with no coverage.

It's complicated

Buying disability coverage is complicated. Not only are there rigorous health criteria, you must also show proof of in-



Don't wait until you get a diagnosis to find out the benefits you need aren't covered by your disability insurance. ISTOCK

What to look for

When shopping for an individual plan, look for:

- A policy that is non-cancellable and guaranteed renewable so that the contract cannot be changed or cancelled when you may not qualify for another plan.
- An inflation or cost-of-living rider, which is a good way to increase your monthly benefits. While this can be expensive, you must consider it in the context of the impact of inflation on your purchasing power.
- A future insurability rider, which will allow you to increase your benefits without additional health questions. If you anticipate significant increases in your future income, make sure you have this feature.

come relative to the coverage you're applying for. That often excludes new entrepreneurs from coverage at least until they have a two-year earnings history. And as you get older, not only does new coverage get more expensive, it becomes more difficult to qualify.

You need the help of a qualified insurance advisor when you go shopping for disability insurance. With so many sizes and styles out there, it's very easy to buy one that looks good on the hanger but just doesn't fit. Using a generalist may get you in trouble. The good fit comes with a fine tailor who can customize a disability plan just for you.

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Did you know **72%** of pain sufferers regularly have trouble sleeping?*



*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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Grilled Chicken Pesto Burger: Give this summer fave some California love

Grilling Week. Victoria Day officially launches barbecue season. Let Metro help kick it off with a week's worth of ideas for outdoor dining



ROSE REISMAN
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FLASH FOOD



From your fridge
to your table in
30 minutes or less

Come May Long Weekend, barbecue season will be in full swing. For my part, I love cooking up a great tasting burger.

In recent years we're being warned about ingesting excess amount of beef, so my go-to burger is a lean chicken patty, which screams "California cuisine" thanks to its lovely presentation and fresh approach. Just to compare, a ground 4 ounce beef burger will have close to double the calories and fat of a ground white chicken burger.

There's nothing better than a homemade burger, which gives you control of everything you're adding.

I like to buy a combination of both white and dark ground chicken, but you can use just white if you don't have both



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Ingredients

- 1 lb ground white and dark ground chicken
- 1 egg
- 1/3 cup seasoned dry bread crumbs
- 2 tbsp pesto sauce
- 2 tsp crushed garlic
- 3 tbsp minced green onions
- pinch of salt and pepper
- 4 thin slices Monterey Jack or aged cheddar cheese (about 1 oz)
- 4 multi-grain burger buns
- 1/4 cup diced avocado
- 4 slices ripe tomatoes
- 8 basil leaves (optional)

Nutritional information

Per serving

- Calories. 304
- Carbohydrates. 3.5 g
- Fibre. 6 g
- Protein. 23.7 g

on hand. The great flavour of this burger comes from the secret ingredient — pesto — which is added right to the meat.

I like to make my own pesto when basil is in season and freeze it in small containers for use all year. You can visit rosereisman.com for

pesto recipes. You can also use store-bought pesto, but keep in mind that they tend to have excess oil, making them much higher in calories and fat.

The toppings of cheeses, avocado and tomatoes make this dish a winner.

You can prepare these burgers up to a day in advance.

Simply cook them just before serving.

Directions

1. Combine chicken, egg, bread crumbs, pesto, garlic, green onions, and salt and pepper. When fully combined, form the mixture into 4 burgers.

2. Either grill or bake burgers at 425 F until they are no longer pink, 8 minutes per side, or until internal temperature reaches 165 F. Add cheese and cook just until melted.

3. Place cooked burgers on multi-grain bun and garnish with avocado, tomatoes and basil.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

buy manitoba monday

Granny's Thai Glazed Grilled Turkey Breast

Ingredients:

1 Granny's Seasoned, Boneless Turkey Breast

Glaze:

1 tbsp | 15 ml vegetable oil

1 tsp | 5 ml lime zest

1 tbsp | 15 ml red onion, chopped

2 tbsp | 30 ml brown sugar

1 tsp | 5 ml fresh ginger, chopped

1 tsp | 5 ml garlic, chopped

½ tsp | 2.5 ml dried red chilies

1 tsp | 5 ml soya sauce

1 tbsp | 15 ml fresh lime juice

Directions:

Combine all glaze ingredients and puree or mash into a coarse paste.

Preheat barbecue to medium-high. Place turkey roast directly on grill (skin-side up) over indirect or low heat with the lid down.

If the roast is frozen, cook for approximately 90 minutes. If thawed, cook for approximately 45 minutes. Cook to a minimum internal temperature of 170°F (77°C).

Brush generously with the Thai glaze, turn and brush on bottom as well. Cook for an additional 2.5 minutes on each side.

Remove from grill, cover loosely with foil and let stand for 10-15 minutes before slicing.



Granny's Thai Glazed Grilled Turkey Breast.

Taste. Smile. Repeat.

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From moccasins and meadows to a high-heeled, haute couture career

A model upbringing?

North of Normal chronicles an unconventional childhood in the Canadian wilderness and its impact on a future in fashion

Cea Sunrise Person graced magazines, catalogues, print ads and TV commercials for nearly two decades as an international model — a stark contrast to childhood years spent living in the Canadian wilderness.

In her memoir, *North of Normal*, Person chronicles her unconventional upbringing with her pot-growing, free-loving family dwelling in a teepee and living off the land. The book also reveals the challenges of life with her late mother Michelle as the duo left the family behind and Michelle pursued a string of topsy-turvy relationships.

The Vancouver-based author writes of her anti-establishment grandfather known as Papa Dick who decided to relocate the free-spirited family of hippies from California to Canada.

Eighteen months after Person's birth to her teen mom in 1969, her family relocated to a remote piece of land near a First Nations reserve in northern Alberta. Until the age of five, Person and her mother lived with Papa Dick, her grandmother and aunts in Kootenay Plains and Morley, Alta., hunting and gathering their food and creating a stove dubbed the Guzzler fashioned out of an old barrel.



Cea Sunrise Person's modelling career has seen her living in New York, Los Angeles, Paris, Munich, Hamburg, Zurich and Milan. SHIMON KARMEL/THE CANADIAN PRESS

"I had dresses made from hides ... my grandmother would sew my moccasins from leather she'd tanned herself," recalled Person in an interview, noting that the rest of her clothing came from Salvation Army when her grandfather made occasional trips into town.

Person, 44, recalled an "amazing feeling of freedom" as a self-described nature child galloping in the meadow and fields. But exposure to more adult activities as a youngster also left lingering memories for Person which she candidly shares in her memoir.

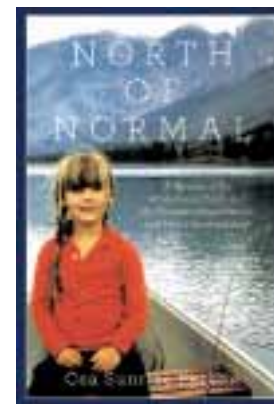
"I felt so alone in my experiences because how can you tell your friend when you're 10 years old you've seen and heard sex happen in front of you 100 times?.. Or that your mom smokes pot every day or that your mom's boyfriend does mushrooms?"

"Putting it out there made me feel a lot less alone. And it made me feel like I hope that I can connect with some people out there who may have had the same experiences."

Despite seeing the writing experience as cathartic, she admits it was hard to

write about her early teen years prior to starting modelling when she felt "ruderless."

"I wasn't the wilderness child anymore. I was terrified of my future because I didn't want to end up like my family. I didn't know what my escape route would be, but I desperately wanted a different life and I didn't know what it was going to be like."



Resilience on the runway

"Even though the world of modelling has its dark side, for me, it was a saviour. It gave me the independence that I needed."

Cea Sunrise Person
Author of *North of Normal*

Modelling helped to serve as an anchor, as Person worked full-time in the industry from age 13 to 30. While Person said

she enjoyed the chance to travel to amazing locales, her memoir also illustrates the not-so-glamorous side of the business, like living in grungy apartments or seeing other girls battling bulimia.

Person credits her wilderness smarts and a resourcefulness and resilience built from childhood in being able to emerge relatively unscathed.

"It was a healthy escape for me. Even though the world of modelling has its dark side, for me, it was a saviour. It gave me the independence that I needed."

While she often felt like an outsider growing up and found difficulty forging friendships, Person was able to form those connections with other models, many of whom she remains close with today.

"The thing with modelling is it seems to attract a lot of people who do feel like outsiders in their own life," she said. "You end up being in these environments where you're working for a few days with someone from Sweden, someone from Texas, someone from Australia and you form friendships very quickly and learn about each other's life stories very quickly, and then you sometimes never see each other again, or you see each other again in a year."

"It's a very tight bond that you get with these girls because we're in such an interesting, weird world together."

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Finding great success in sensitivity

Cultural confusion.

Being aware of potentially problematic assumptions can halt harmful workplace situations before they happen

DAVID
SINGH

life@metronews.ca

We all know that Canadian workplaces are as diverse as they come. And we're proud of it, too. But that doesn't necessarily mean the office is exempt from cultural bias.

In fact, it creeps up all the time, according to Daria Kowalyk, a diversity and inclusion expert. "We all have biases," Kowalyk says. "Biases are shaped by all of our experiences, our upbringing, culture, the conversations we've had and where we've travelled."

"Each one of us is consciously or unconsciously



Handling a greeting in North America can put some in a difficult position.

ISTOCK

biased about something, someone, or a group of people."

Kowalyk runs a new training program for On-

tario employers, funded by the Ministry of Citizenship and Immigration and the Human Resources Professionals Association. Its pur-

Battling bias

Daria Kowalyk says there are quick, initial steps that employers can take to make their workplace more culturally competent, including:

- Becoming aware of important dates and religious holidays for all staff members.
- For restaurant outings or catered food events, make sure the menu accommodates everybody (vegans, vegetarians, gluten allergies, etc.).
- Hold a "holiday" event instead of a "Christmas" event.

pose is to help companies become more culturally aware and competent.

Eye contact at work is a common example that holds potential bias, Kowalyk claims.

In mainstream culture in North America, maintaining eye contact is a form of showing interest and engagement. If you don't keep eye contact, it could signal that you're disinterested. "But in a lot of different cultures, not maintaining eye contact actually is a sign of respect for the individual," says Kowalyk. "People who may not know of that may make an assumption about people's eye contact."

Same thing goes for handshaking. In Canada, it's common to meet and greet people with a handshake. But according to Kowalyk, people in some cultures don't do so because of religious or health concerns. Usha George, dean of the faculty of community services at Ryerson University notes biases can be silent and invisible.

"The problem with cultural bias is you can't detect it that often, fast, clearly, or that openly," she says. "You can foster or even have damning opinions about

people and their cultures, but if you don't articulate that in spoken word or in your behaviour, there's no way of knowing that this person is really biased."

According to George, it's important to take note of biases because it can affect people.

"Depending on the severity of it, it could very well be a toxic workplace for the individual."

George notes that she has even witnessed extreme cases of cultural bias, leading to discrimination and racism. She says this can go on to affect the mental well-being of individuals. However, if you've ever had a culturally biased thought pop into your head, don't beat yourself up about it.

"Bias is part of human nature, so I wouldn't think that it's impossible not to have it," George said. "But if you take it for granted and say it does not exist, and don't pay attention, it will still be there and will increase."

'Round the world wisdom

Add some levity to your daily load



LESSONS FROM
THE DESERT
Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Taking on a difficult project will bring its share of ups and downs. To get to the finish line fastest, it is imperative to rapidly bounce back from the downs to minimize loss of momentum. And although it is counterintuitive, sometimes we need to increase our burden in order to lighten up.

As I prepared to race

A celebration in the sand

Although bulky and heavy, I carried two bottles of champagne totalling six pounds, and cigars so I could complete each day with a toast and invite others to my little desert party.

the Gobi March, I became obsessed with what I would carry with me. In these events, runners must carry between 20-25 pounds on their backs: food, clothing, and sleeping gear, and a medical kit to meet safety standards. The bulk of the weight is "fuel," the food that must deliver each runner in excess of 2,000 calories per day. In the Gobi, I probably spent 50 hours thinking about which foods would go into my pack. My final choices were calculated to extract the highest energy output for the lowest possible weight.

As I would discover, maximizing output is more than just a numbers game. Running the Gobi taught me how indulging

in small luxuries can lead to a better end result. This lesson came into play in my subsequent races in the Atacama and Sahara, where my small indulgences would get me through the rough parts.

Although bulky and heavy, I carried two bottles of champagne totalling six pounds, and cigars so I could complete each day with a toast and invite others to my little desert party.

My friend Louie packed his cherished homemade salamis, adding four pounds. An Italian team carried full dinnerware and a tablecloth to cement their own celebration.

Is it best practice to smoke cigars and drink champagne after running a marathon, knowing these items add 25 per cent more weight to your backpack?

Of course not! However, if you are looking to bounce back after a tough day, then having tactics to fill yourself up with joy may in fact help you spring forward.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Celebrating a profession

JANE
DOUCET
For Metro

In Canada, National Nursing Week was first officially celebrated in 1985 to highlight nurses' contributions to the well-being of Canadians.

The international celebration of nurses and their many areas of practice is held the second week of May, this year from May 12-18.

"National Nursing Week is an opportunity for nurses to reflect and celebrate their profession's achievements," said Barbara Mildon, the president of the Canadian Nurses Association. "We stop and think about what we do to help patients."

The theme of this year's National Nursing Week is Nursing: A Leading Force for Change. According to Mildon, it's about nursing leadership in better health at all stages of their careers.

"Nurses use experience and knowledge to achieve better health for Canadians," Mildon said.



National Nursing Week is an opportunity for nurses to reflect and celebrate their profession's achievements. SHUTTERSTOCK

This comprises the 300,000 registered nurses in our country, along with all of myriad other types of nurses, including licensed practical nurses and nurse practitioners.

Although nursing comes with many challenges, Mildon advocates that it's a wonderful career choice in which you can make a real difference in people's lives. And there are

so many areas of nursing to pursue.

"Nursing careers are so diverse and there are lots of opportunities to do so many interesting things."

Take a moment to thank your nurse

If you have been fortunate enough to have been cared for by a nurse who made you feel like you were safe and in good hands, you already appreciate nurses. If you have yet to encounter such an experience, National Nursing Week (May 12-18) is the perfect time to think about the important roles nurses play in our health-care system.

"When people understand the work of nurses, appreciation follows," said Barbara Mildon, the president of the Canadian Nurses Association.

According to Mildon, nurses get great satisfaction from the feedback they receive from patients and their families — their input may help enhance the way they provide future care. And there is nothing nicer than hearing someone express their gratitude.

"A simple thank you is more than enough."

Some people might

send a heartfelt thank you card or drop off a bouquet of flowers for the nursing station, while others might deliver gift baskets or gift cards.

On a recent work-related trip to Prince Edward Island, Mildon recalled visiting a local community health centre. The centre's director was a former registered nurse who had worked in the area.

As Mildon and the director walked through the front doors, an elderly woman spotted the director.

"Her face lit up like a Christmas tree," Mildon said. "Then she came over to give the director a hug."

It turned out that when the director was a home-care nurse a decade earlier, she had cared for the woman's husband, who was dying from cancer. The nurse had helped both the man and his wife prepare for the peaceful death he was able to have at home. **JANE DOUCET**

There's Nothing
More Important
Than Your
Family's Health.

Thank you, nurses!



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Penguins dealt another blow

NHL playoffs. St. Louis' early goal helps Rangers avoid elimination

Martin St. Louis and Carl Hagelin scored 2:51 apart in the first period, and Henrik Lundqvist made 36 saves and the New York Rangers avoided elimination again with a 3-1 victory over the Pittsburgh Penguins on Sunday night.

The matchup between the Metropolitan Division rivals will be decided in Game 7 at Pittsburgh on Tuesday night. The Penguins, who led the series 3-1, failed in their first attempt to advance to the Eastern Conference finals with a 5-1 home loss on Friday.

Derick Brassard pushed the Rangers' lead to 3-1 in the second period. Brandon Sutter scored the lone goal for the Penguins, who got 26 saves from Marc-Andre Fleury.

Game 6	
3	1
Rangers	Penguins

This was a far cry from New York's disheartening 4-2 home loss in Game 4.

The Rangers are 9-2 in their past 11 games when facing elimination, dating to Game 6 of the first round in 2012 at Ottawa. New York has never won a series it trailed 3-1.

New York scored the all-important first goal, St. Louis' third of the playoffs that had Madison Square Garden rocking just 3:34 in. New York had just withstood extended time in its own end when Pittsburgh's crisp passing and forechecking kept the Rangers under pressure. **THE ASSOCIATED PRESS**



Linesman Steve Miller separates Rangers forward Dominic Moore and Penguins defenceman Kris Letang during New York's 3-1 win in Game 6 of their second-round series. **ELSA/GETTY IMAGES**

Openly gay Sam feeling like 'first draft pick'



Michael Sam cries as he talks on a mobile phone after he was selected in the seventh round by the St. Louis Rams on Saturday. **ESPN/THE ASSOCIATED PRESS**

Michael Sam waited and waited. Hours passed, rounds came and went, and eventually, there were only eight more picks left on the third and final day of the NFL draft.

For just a moment, it looked as if his chance of being picked by a pro team and becoming the league's first openly gay player might take a detour. Or at least be delayed.

The call finally came Saturday from the St. Louis Rams, the team right down the road from where Sam played his college ball at the University of Missouri.

Sam was selected in the seventh and final round and admitted it was a frustrat-

ing wait. He said teams that passed on him chickened out and he should have been drafted sooner.

"From last season alone, I should've been in the first three rounds. SEC Defensive Player of the Year, All-American," Sam said. He stopped short of directly saying his stock dropped in the draft because he came out.

"You know what, who knows? Who knows? Only the people who sit in the war room know," he said. "They saw Michael Sam, day after day they scratched it off the board. That was their loss. But St. Louis kept me on that board. And you know what? I feel like I'm a (Jadeveon)

Clowney, a first draft pick. I'm proud of where I am now."

Sam came out as gay in media interviews earlier this year. His team and coaches knew his secret and kept it for his final college season. He went on to have the best year of his career: He was the co-defensive player of the year in the NCAA's best football conference and had 11.5 sacks.

When Mike Kensil, the NFL's vice-president of game operations, walked to the podium and said: "The St. Louis Rams select ... Michael Sam ..." the fans gave a hearty cheer, chanting "Yes! Yes! Yes!" and "Michael Sam!"

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Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

3	8	7	2	5	4	1	6	9
5	9	1	6	7	8	3	4	2
2	6	4	9	1	3	7	5	8
8	4	9	5	3	1	6	2	7
6	1	5	7	8	2	4	9	3
7	3	2	4	6	9	5	8	1
9	5	3	1	2	6	8	7	4
4	7	8	3	9	5	2	1	6
1	2	6	8	4	7	9	3	5

7		3		4		1	9	
		1	9					
				5				4
3		8	6					
9			1		4			7
				3	5			8
5				2				
						4	6	
	4	2		9		7		3

Horoscopes

♈ Aries

March 21 - April 20

Rivals seem to know what you are doing, even when you are not sure. That puts you at a disadvantage. Either be more secretive or find ways to tap in more effectively to what's going on around you.

♉ Taurus

April 21 - May 21

Be true and resist temptation to cut corners merely because no one can stop you. This is a great time for group activities and it will be even better if you are all working together on the same ethical level.

♊ Gemini

May 22 - June 21

With Mercury, your ruler, linked to ambitious Mars as the new week begins, there is no reason why you should not reach the top of the tree in your chosen career. Yes, you do have what it takes.

♋ Cancer

June 22 - July 23

Trust your instincts and keep on trusting them even when the powers that be say you've got it all wrong. Listen to what your inner voice is trying to say and then act on what it tells you. You don't need any other advice.

♌ Leo

July 24 - Aug. 23

Something you have kept secret for a long time will come to the surface over the next few days. In a way it will be a relief as you will no longer have to play games and pretend to be who and what you know you are not.

♍ Virgo

Aug. 24 - Sept. 23

Don't try to keep your thoughts to yourself today because loved ones will be able to read on your face what it is you are hiding. Be honest about what is going on in your head and your heart.

♎ Libra

Sept. 24 - Oct. 23

Some things may seem funny to you but not everyone will laugh at your jokes today. Most likely it's because they resent you being the centre of attention all the time. That's too bad — the limelight is there to be hogged.

♏ Scorpio

Oct. 24 - Nov. 22

This is a positive and potentially passionate time for you but to make the most of it you have got to be more outgoing. Let those you are attracted to know that you are interested — don't leave them guessing.

♐ Sagittarius

Nov. 23 - Dec. 21

Try not to come on too strong when debating with others. You may have all the best opinions and the facts and figures are certainly on your side but make allowances for those who don't share your passion for the truth.

♑ Capricorn

Dec. 22 - Jan. 20

You seem amazingly open at the moment, which is great. But watch out you don't let slip information that it might be sensible to keep to yourself. You don't have to tell everyone about everything.

♒ Aquarius

Jan. 21 - Feb. 19

If you are looking for ways to make money you will come up with plenty of ideas over the next 24 hours. The only danger is you may do nothing with them. One good idea acted on is better than a dozen that just sit there.

♓ Pisces

Feb. 20 - March 20

You will be more inclined than usual to take risks. So long as they are calculated risks that's fine — you will come to no harm and could even make money — but if you act recklessly the fall could be spectacular. **SALLY BROMPTON**



Up-to-date scores

Canada

TOP 5

1 **178 points**, Saudah - *Toronto*

2 **157 points**, Brad - *Ottawa*

3 **155 points**, Niramay - *Toronto*

4 **155 points**, Samir - *Toronto*

5 **147 points**, Ritik - *Vancouver*



See this symbol? You can scan the photo above with your Metro News app to play the game. The top 5 winners will be announced May 15th in the Metro News app and will win a Jumpstart prize. Subject to terms and conditions. QC not eligible. canadiantire.ca/jumpstart

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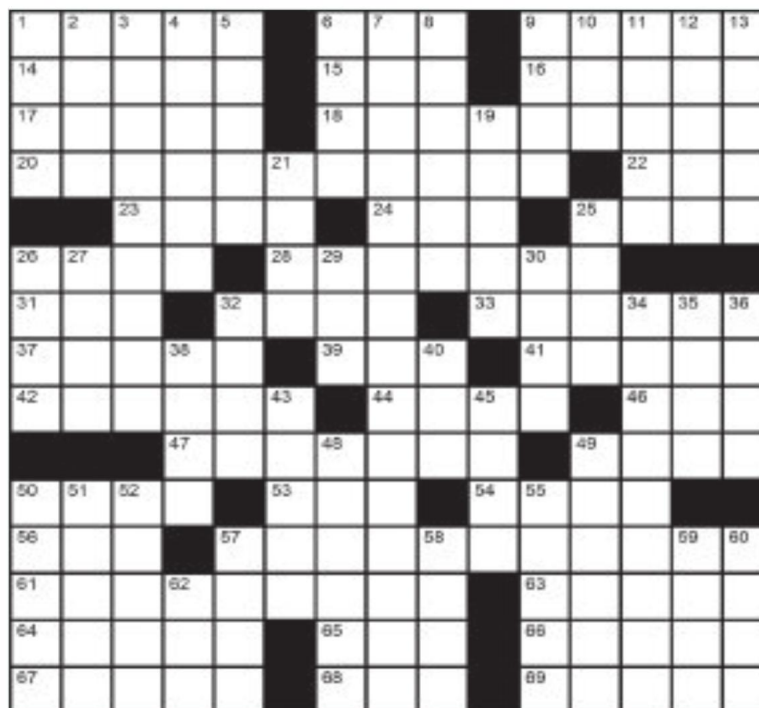
Friday's Crossword



Crossword: Canada Across and Down

Across

1. Ottawa's 'Parliaments', e.g.
6. Canadian broadcaster Erica
9. Mark ___ ('Shark' on ABC's "Shark Tank")
14. Off-white
15. PBS funding org.
16. Repent
17. ___ closet
18. British band, The ___ (See #7-Down for more!)
20. William and Harry's dad, one day: 2 wds.
22. Meshwork
23. Title in Turkey [var. sp]
24. Israel: ___ Aviv
25. Tidying target
26. Pouches
28. Montreal-born actress Rachelle
31. 'Smell'-meaning prefix
32. Mr. Bridges
33. Dodges
37. Important exam
39. "Unpretty" group
41. Inference
42. 'The New Classic' Australian artist Iggy
44. Retreat
46. Vintage record label
47. "___ Annie" (1933) starring Canadian actress Marie Dressler
49. Acme
50. Inventor, Thomas ___ Edison
53. LummoX



54. ___ Hall: "Harper Valley P.T.A." song-writer
56. US auditing agcy.
57. ___ (Like green rocks)
61. Instrument for Canadian musician Walter Ostanek
63. Thwart
64. Canadian actress

- Ms. Katic
65. Baby bear
66. Toxin type
67. Stephen ___ Bank of Canada governor
68. Utah's capital [acronym]
69. Chooses
- Down**
1. Defraud
2. Nero's 57

3. Iroquoian Chief of Stadacona (Present-day Quebec City)
4. Musician Mr. Allman's
5. Harmonization, briefly
6. One-named singer
7. Song by #18-Across that goes "She's been gone such a long

- time...": 4 wds.
8. Actress Ms. Matlin
9. Bus alternatives
10. ___ possidetis (As you possess, at law)
11. 'Sea' suffix (Carried by the ocean)
12. South American mountains
13. Soarer's structures
19. Inquire

21. Healthy
25. Honey drink
26. Furniture piece
27. NBC's "Parks and Recreation" star Mr. Ansari
29. Dine
30. Campsite visitor, e.g.
32. Cordon ___ (Great chef)
34. British Columbia: Sparwood attraction 'Terex Titan' is a gigantic what?: 2 wds.
35. "Behold!" to Brutus
36. Classic record label
38. Edmonton's prov.
40. Motorists org.
43. Be kind, Do ___ turn
45. Be not-nice, Stick ___
48. ABCs
49. Joni Mitchell song that goes "The drone of flying engines..."
50. Audibly amazed
51. 'Milk'-meaning prefix
52. Singer's helper, ___ Coach
55. Blatant
57. "I'm Yours" singer Jason
58. "Squawk Box" network
59. Ms. Brickell, Paul Simon's wife
60. Shelters
62. Lennon's love

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